

FREE SPIRIT

February 2025

FEATURES

Life Purpose, Selkies,
Nurture your relationship

PLUS

February Horoscopes
& Reader Profiles

Renée Zellweger

She's starting a new chapter,
just as she is.

discover your future, release your past

Editor's letter

February is, of course, the month of love. If you are of a certain age, you no doubt associate the Bridget Jones films with demonstrating just how challenging dating can be. Just in time for the 14th of February, the latest film in the series makes its debut - called "Bridget Jones: Mad About the Boy." Will she find lasting love this time around?

Continuing with Valentine's Day themes, in our "In the News" section, we explore dating trends for 2025 and delve into ways to nurture our relationships.

On the reader front, we reconnect with Alice who has worked all over the world and practices Past Life Regression - really fascinating! Sarah continues her series; this month introducing Selkies - intriguing women/seal mermaid style creatures. Vanessa follows up with article two in her sequence which delves into Life Purpose.

Have you ever wondered what all of the 'Clair's' mean? Clairvoyance, clairaudience, clairsentience - wonder no more as we explore these terms and what a clairvoyant reading can offer you!

Lastly, Archangel Gabriel takes centre stage in our Rainbow of Angels segment while Diana provides us with our latest horoscopes.

Charlotte

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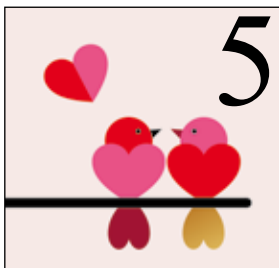
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Renee Zellweger image: Fred Duval / Shutterstock.com

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PIN: 1133

Fran

Fran is a psychic medium with 17 years of experience; she hears and feels Spirit; and has done so from a young age. She meditates before readings, allowing her guides to draw close; to inspire her with messages and words of wisdom for those that seek answers.



PIN: 5152

John

"John is a very good medium. I always feel uplifted after the readings he has given me. I would always recommend him."
Pansy



PIN: 5791

Karen

Karen is a medium and clairvoyant; she finds the work both unusual and rewarding; she brings comfort to many, as she has a very calming approach. Karen works with a spirit guide to offer unique readings to clients guiding them through difficult decisions.



PIN: 2444

Kelly

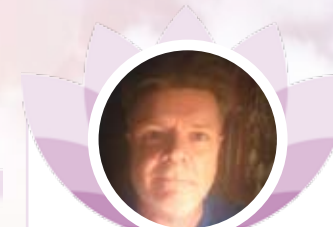
"Kelly is very clear and gets to the point quickly. She is matter of fact and honest whilst also showing kindness and empathy. She has a fantastic insight! Thank you very much for your guidance Kelly! Love and light." H



PIN: 1010

Mavis

Mavis is a medium clairvoyant and has worked with her gift for 25 years. Through her in-depth readings, she gives guidance and direction, enabling clients to make the right decisions and choices in relationships, business, career, family and more.



PIN: 2333

Toby

"Toby is spot on. He is very calm, gentle and patient. He always provides very clear readings without asking much detail and I can see the predictions come to pass. Highly recommended!"
Grace

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Second Ray of Spiritual Light

ARCHANGEL GABRIEL

COLOUR: Orange **FOCUS:** Creativity as a powerful tool, utilised to overcome and dispel fear.
CHAKRA-SACRAL (Svadhithana):

Water element - equilibrium manifested through vitality, creativity, and originality.

The Orange Ray, the second ray in the visible rainbow spectrum, impacts the Sacral Chakra on a physical level (third dimension). It appears as vermilion, transitioning from orange to orange-gold hues reminiscent of high-quality hessonite garnets.

Archangel Gabriel, known as the messenger, is among the four prominent archangels. He stands out as one of the two angels referenced in the New Testament, alongside Archangel Michael. Gabriel played a crucial role as the angel of Annunciation, revealing to Mary about Jesus' impending birth. Additionally, he was present during Jesus' crucifixion, guarding his tomb and later informing the disciples about his resurrection, even though not explicitly named at that time.

Archangel Gabriel is believed to have been a source of inspiration for Joan of Arc. When utilised as a transmuting fourth-dimensional ray of the Root Chakra, Gabriel's colour is white.



Physical, Emotional and Mental Associations

Physical connections - Body regions: lower back, lower intestines, abdomen, and kidneys. Regulates adrenal function, supports digestion. Alleviates bronchitis and asthma. Beneficial during menopause. Harmonises hormones and enhances fertility. Highly stimulating, harmonises bodily energy levels and boosts vitality gradually. Unlocks stagnant processes and relieves constipation.

Emotional and Mental Benefits - Alleviates sorrow, facilitates coping with loss. Boosts creativity, fosters optimism, and promotes a positive outlook on life. Aids in overcoming fears and phobias. Diminishes the fear of enjoying pleasure.

Spiritual Connections - Promotes feelings of happiness, leading to a sense of spiritual elevation.

Ref: The Angel Bible, Hazel Raven

If you are seeking a reader with close connections to the Angelic realm, why not consider Michaela, or Pauline? You can explore all of our reader profiles at www.psychiclight.com/psychics/

Michaela, PIN: 3232

Before each reading begins, Michaela asks her spirit guides and guardians to assist her with each client. She also thanks them for their advice. These include her father, who was a natural contemplative and psychic, as well as many different angels and her two spirit guides.

Pauline, PIN: 3798

As a reader, Pauline enjoys giving general readings over the telephone. She specialises in relationship readings and works with Tarot and Angel Cards, using her clairvoyance to tune into her Guides.



Let's be honest, love and relationships depicted in movies - from the 'meet-cute' to the first kiss, wedding day, new home, etc. - are rarely the same in real life. After the initial heady days of getting to know each other, it quickly turns into whose turn it is to wash up and take out the bins!

As Valentine's Day approaches again this year, we believe it would be a great time to explore how you can nurture your relationship and ensure you have a strong connection to move forward into the future with.

• Show you care

In relationships, love is often more powerful through actions rather than words. Each person has a unique 'love language'. You might be surprised by how loved someone feels when you make an effort to do something for them, especially tasks they dislike. I'm not referring to grand gestures, but simple daily acts like sorting recycling, bringing a cup of tea in bed, assisting with homework, or watching their favourite TV show.

• Look out for bids for attention

When life is busy, perhaps you are cooking or tidying the house, sending an email. It is easy to overlook when your partner is trying to connect with you. Try to really lean into the moments when they are communicating with you. It might seem like a mundane work story or a trivial bit of news they heard on the radio, but these small acts of giving and receiving attention help keep intimacy alive in a relationship. Put down your phone, stop your activity, and really listen and engage.

• Don't stop asking meaningful questions

When we first start dating, we ask and answer a lot of questions. However, as time passes and the relationship becomes more established, we often stop checking in with each other. Life starts revolving more around decisions like what to watch on TV or have for dinner rather than discussing what we envision our life to be like in five years' time. Asking deeper questions ensures that we remain connected and prevents issues arising from feeling disconnected due to having different long-term goals.

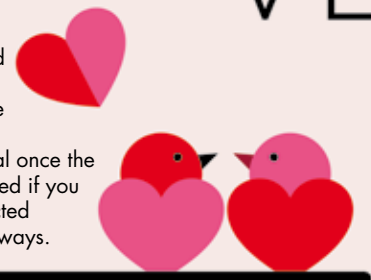
Quickfire Things to Know and Think About:

• Know that change will happen. It's important to weather changes together. When you commit to someone long-term, it's impossible to know where life will take you in 10-20 years. But navigating things together is key.

• Take things in turn. Life will have its ups and downs; sometimes these will just be happening to one of you at a time. During these key moments, pick up the slack for your partner, give them the time and space they need to come out the other side.

• Desire will ebb and flow. There are many life stages, from having a baby to stresses like redundancy, moving house, caring for others, grieving etc., that can impact the romantic side of a relationship. During these times, practice the things above so that your connection and intimacy stay intact; it will be much easier to return to normal once the event has passed if you are still connected in many other ways.

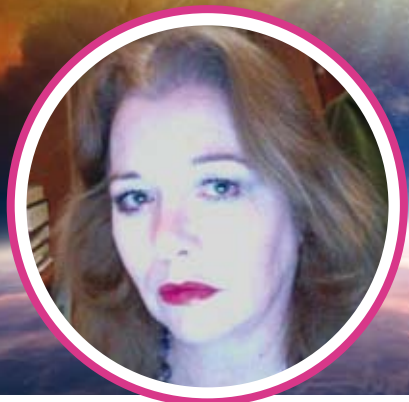
LOVE



Reader Profile

Alice

PIN: 6543



From a very young age, I could see spirits. My earliest memories consist of out-of-body experiences and conversations with the spirit of a red-coat soldier who resided in our house. As I grew older, I learned that my grandmother possessed similar abilities, which likely explains why I was never discouraged. These early events paved the way for me to embark on a lifelong journey to comprehend the spiritual aspect of the universe, my own essence, and enhance my abilities.

I have worked in Australasia, the USA, and the UK in a variety of fields, but I have always known that it was my calling to be a worker in light. I don't believe in standing still. It is essential to constantly strive and keep learning. In the past, I have taken courses at the Spiritual Association of Great Britain with Madeline Montalban, among others. I am a hypnotherapist and focus particularly on Past Life Regression, along with other therapies I practice. I have been very fortunate to meet exceptional teachers, especially two Ascended Masters whose teachings and guidance are invaluable. We inhabit these earthly bodies because our souls have lessons to learn that cannot be acquired otherwise. It is crucial for all of us to uncover our Soul Purpose.

My sole purpose is to guide others on their journeys. To this end, I work with Spirit to give sincere readings. I can connect you to the forces guiding your life. I believe the power of insight gives you the clarity essential to make important decisions or resolve a personal crisis.

Once we remember that we are spiritual beings, we can enjoy the experience of being human while knowing that we are all connected. The diversity of our lives, including love and loss, triumph over adversity, gives us the understanding we need on our journey to enlightenment. We all enter the arena of awareness differently; it doesn't matter how we get there or how long it takes. We must learn to have faith in divine guidance, learn from our experiences, and believe in the guidance we receive.

Entering a committed relationship is, in fact, a spiritual journey we undertake with another person. This journey is crucial for our personal growth and wellbeing, as Spirit is always willing to provide guidance on matters of the heart. It is also perfectly acceptable to achieve success; Spirit always desires the best for us and only focuses on how wealth is utilised.

The Ascended Masters say we are in a time of awakening. That may explain why so many people feel there is something missing in their lives. The universe is waking you up! It's time to meet the new day.

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BRIDGET'S BACK, Just as she is.

Bridget Jones, portrayed by Renée Zellweger, captured the nation's hearts with her humorous approach to dating. While younger generations consider her opinions on weight (now labelled as fat-shaming) and men to be outdated, many of us found it a lighthearted take on the challenges of dating, staying in shape, and preparing for dates (including wearing large knickers). Countless nights were spent singing into hairbrushes, sipping wine, and jotting down thoughts in a diary.

As we anticipate the fourth instalment - Bridget Jones: Mad About the Boy - one burning question remains: will Daniel Cleaver make a comeback? And more importantly, has Bridget found or will she find her happily-ever-after?

Happy Ever After

The last film was actually released in 2016, so it's understandable if you've forgotten how it ended. To recap, Bridget became pregnant and married Mark Darcy. As you may know, the films are based on Helen Fielding's books. In this book, Bridget is in her

fifties, a mother of two children, and a widow following her husband's death. Fielding explained why she didn't give Bridget a happy ending; she didn't want her to turn into a 'smug married', a term coined by Bridget in the first film to describe couples seen as 'utterly terrible'.

Book to Film

That being said, we don't know how closely this latest film will follow the storyline in the book. However, the trailer suggests that Bridget is a single mother trying to navigate the world of social media and dating apps. It appears that Daniel Cleaver is back, along with another love interest played by Leo Woodall, who is a school teacher of one of her children.

Cast

In addition to Renée Zellweger, Hugh Grant, and Leo Woodall already mentioned, Emma Thompson returns as the witty doctor. Chiwetel Ejiofor, Isla Fisher, Josette Simon, Nico Parker, and Leila Farzad also feature. Universal Pictures didn't release whether Colin Firth will make an appearance, but the trailer suggests he has a surprise cameo. This makes sense as the book does feature him in flashbacks from Bridget's earlier diaries.

Trailer & Release Date

The earliest date to see the film is Thursday, February 13th. No doubt cinemas will be expecting a bumper turnout on Valentine's Day. You can view the Universal Pictures trailer by visiting: www.universalpictures.co.uk/micro/bridget-jones



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Sometimes in life, our paths become clouded with uncertainty, and finding clarity seems challenging. Clairvoyant readings offer a unique insight, answering the questions that linger in your mind. Unlike general psychic readings, a clairvoyant has the distinct ability to “see” spiritual messages, adding a unique layer of clarity. In this article, we’ll explore what is most beneficial when choosing a clairvoyant reading, explain the nature of clairvoyance and other psychic gifts, and give guidance on what to expect in a session.

What It Means to Be Clairvoyant

A clairvoyant is someone who possesses the gift of “clear seeing.” This means they can receive spiritual messages through vivid images or mental visions. Unlike intuition alone, clairvoyance often allows a psychic to directly perceive scenes, symbols, or even spiritual presences, giving them a clearer and more detailed understanding of your situation. This visual ability sets clairvoyants apart by enabling them to see beyond what’s typically sensed, offering more precise insights.

An Introduction to The “Clair” Abilities and Their Role in Psychic Readings

Clairvoyance is just one of several “clair” abilities that psychics use to interpret and communicate messages from the spiritual realm. The term “clair,” meaning “clear,” refers to the different ways that psychics can receive intuitive information, often in ways that transcend regular sensory perception

Here’s a closer look at some of the other most common “Clair” abilities:

- **Clairaudience (Clear Hearing)**

Clairaudients receive messages through hearing, whether it’s a voice, sound, or tone that conveys specific guidance.

- **Clairsentience (Clear Feeling)**

This ability allows psychics to sense energies, emotions, or even physical sensations, providing an emotional understanding of a situation.

- **Claircognizance (Clear Knowing)**

Claircognizants have a strong inner knowing, often receiving insights or facts without logical explanation.

Psychics with multiple “clair” abilities often combine these gifts to create a comprehensive reading experience. For instance, a clairvoyant who also has clairsentient abilities might not only see a vision but also feel the emotions tied to it, giving a richer context to the information.

Why use Clairvoyance?

Many people turn to clairvoyants for insight into what the future may hold. Often, they’re curious about how past actions may be influencing their present circumstances, wondering if karma might be playing a role in their current situation. One of the most common questions asked is, “Will I be happy?”—though happiness itself means something unique to each individual. At Psychic Light, the top reasons clients reach out typically involve seeking guidance on relationships, career/business direction, family dynamics, wellbeing, spiritual development or prosperity.



Clairvoyant readings are especially useful during key moments in life, such as:

- **Seeking Insight on Future Events:** When facing a major decision, a clairvoyant can reveal possible outcomes, letting you make informed choices with confidence.
- **Uncovering Hidden Information:** Clairvoyants can identify hidden dynamics in complex situations, bringing clarity to relationships, work, or finances.
- **Career Decisions and Professional Crossroads:** If you’re at a career crossroads, a clairvoyant’s insights can show how each choice might unfold, providing direction.
- **Connecting with Loved Ones on the Other Side:** Clairvoyant Mediums can visually connect with spirits, offering reassurance and validation of loved ones’ presence.
- **Guidance on Prosperity Matters:** A clairvoyant’s perspective can clarify choices, letting you align decisions with your long-term stability.
- **Navigating Complex Relationships:** Whether romantic or familial, a clairvoyant can reveal deeper relationship dynamics, clarifying each person’s role and intentions.

Questions to Ask During a Clairvoyant Reading



During a clairvoyant reading, it’s best to ask open-ended questions to allow for more comprehensive answers. Here are some common questions clients find useful:

“What can you tell me about the path ahead in my career or love life?”

“Are there any hidden influences in my current situation?”

“What guidance do my spirit guides or loved ones want to share with me?”

“What can you see about my spiritual path and purpose?”

While these questions are only ideas, you’re welcome to lead the reading in any direction that feels right for you. Clairvoyants are there to provide clarity on what matters most to you, whether or not it fits within a specific question format.

Connect with Our Clairvoyant Psychics Today

Choosing a clairvoyant reading can be a powerful step toward finding answers and visual clarity for life’s biggest questions. Our experienced clairvoyants www.psychiclight.com/psychics/ each bring unique abilities to their readings. With their guidance, you can find reassurance and direction, seeing the way forward with newfound clarity and confidence.

Connect with one of our available psychics today www.psychiclight.com/psychic-availability/ and experience the guidance you’ve been looking for!



When Is a Clairvoyant Reading the Best Choice for You?



Selkies

Written by
Reader Sarah
PIN: 9888



Image: Adabo / Shutterstock.com

Continuing from my recent article on Kelpies, here I wanted to delve into the creatures known as Selkies.

Selkies are not among the most commonly known mythical creatures and are often overlooked or confused with the legends of mermaids and sirens. Unlike these other two creatures, Selkies are gentle entities that do not exist to lure sailors to their death. They play a vital role in the ancient folklore of Ireland, Scotland, and Scandinavia. Their stories depict romantic tragedies, with the Selkies being the ones who suffer at the hands of humans.

Shape-shifting Seals

Selkies live in the sea in seal form. They can, however, shape-shift into human form whenever they please. This involves a complete body transformation, but often subtle signs are apparent in their human form such as being excessively beautiful, having long unruly sea hair, or possessing eyes that appear inhuman at times. Unlike traditional shapeshifters, Selkies actually remove their seal skin when shifting into human form. Their skin is their most prized possession as it is their only means to return to the beloved waves and sea. When they remove their seal skin, they must find a secure hiding place where no human can discover it since this is their sole weakness.

Selkie Legend

If a human finds and takes a Selkie's seal skin, he or she can control and command the creature while it is in human form. More often than not in Selkie stories, a man finds a beautiful woman on the coastline and immediately

falls in love with her. Therein lies the twist as she often also falls in love with him, or at least does to begin with. If he knows what she really is, he will look for her seal skin and take it, giving him total control over her. She cannot leave him or return to the sea unless he does one of two things: He could give her skin back and free her of his own accord, or if he raises his hand and strikes her three times, she is free to leave. Even if she believes to be in love with her captor in the beginning, a Selkie's love of the sea will always win over the love for any human, and they will pine for it. This often leads to heartbreak for the Selkie needs the sea but also desperately wants to be in love and be loved, pulling them in two different directions and causing them to suffer. There are many tales of Selkies having children with humans before they find their skin and escape back into the sea. Often these children would claim to see a seal watch them lovingly from the waves as they walked along the coastline.

Selkies can also be male. It is said that male Selkies are more aggressive and dangerous than their female counterparts. They are extremely attractive to humans and are greatly gifted in the art of seduction. They too can have their skin stolen and are bound by the same rules as females.

Selkies are not as well-known as other mythical creatures. However, it is surprising how many modern-day stories draw inspiration from them. The next time you are walking along a beach or coastline and spot dark, beautiful seal eyes looking at you from the waves, perhaps the Selkie story will come back to your mind.

In the News

Dating Trends for 2025

With Valentine's Day just around the corner, attention shifts to love. But is there anything distinct about people's approach to love and relationships in 2025?

While dating apps are not likely to vanish soon, a change is noticeable among younger individuals who feel these platforms lead to too many casual encounters. Experts indicate that in 2025, individuals are more inclined towards seeking traditional relationships over swiping for quantity, preferring quality prospects for long-term meaningful connections. This phenomenon has been termed 'slow dating' by social media.

Nevertheless, experts predict that the ongoing advancement of Artificial Intelligence will have a greater impact on the realm of love. This could result in fewer conventional relationships as individuals may opt to create their ideal partnership through AI - essentially having an imaginary boyfriend or girlfriend. Alternatively, technology might

enhance dating apps to facilitate even more sophisticated matches. Only time will reveal whether this development will be beneficial or detrimental.



It is anticipated that interest in non-traditional relationships will continue growing as people explore alternative ways of forming connections. Plus, there is a rising trend of meeting potential partners while engaging in physical activities - envision Park Run combined with Speed Dating! This trend aligns with the heightened focus on well-being among younger generations; thus, meeting someone who shares a passion for exercise could be highly appealing. The days of meeting someone at work, a pub, club, or hobby seem to belong to the past era.

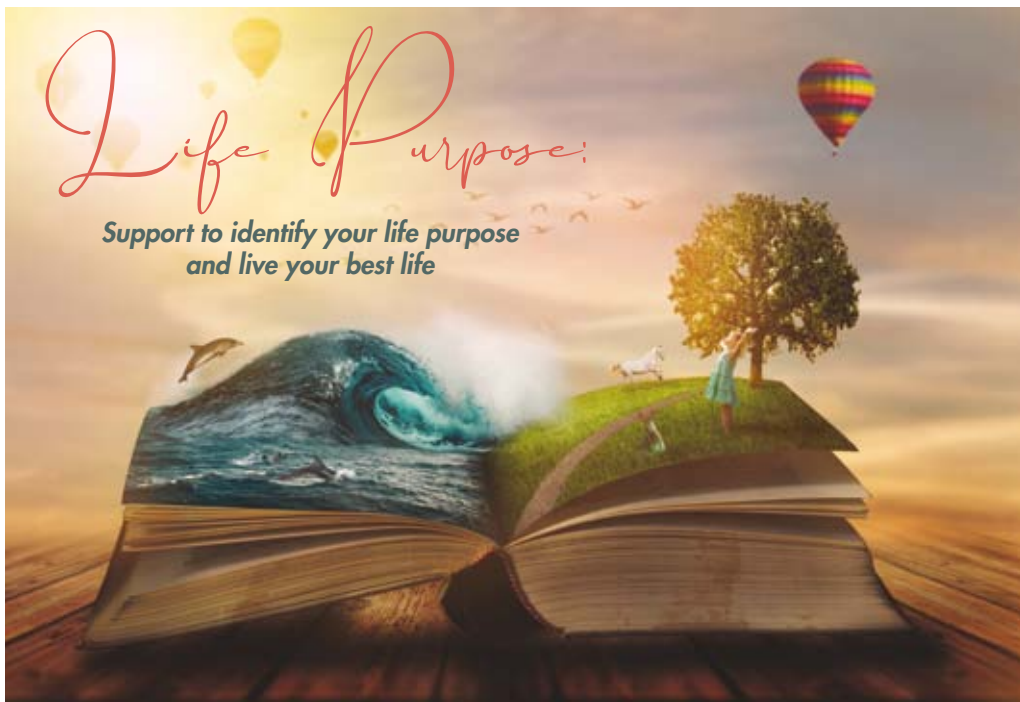
World Cancer Day (4th Feb)

Experts in the field of cancer, including doctors and researchers, are increasingly concerned about younger people receiving cancer diagnoses. According to Cancer Research UK, the latest research shows that cancer rates in 25 to 49-year-olds in the UK increased by 24% between 1995 and 2019.

People are now trying to understand what has changed and how we can stem the tide. The first set of reasons may be due to risk factors. Many young individuals are avoiding alcohol (a known risk factor), but there is concern that their diets may consist of a high proportion of ultra-processed foods. Alcohol, tobacco, obesity, physical inactivity, and diet are all possible lifestyle factors that can increase cancer risk. Another school of thought suggests that environmental factors may be at play, such as exposure to microplastics and persistent chemicals. It is believed that these substances might disrupt the gut microbiome, triggering inflammatory responses in the body.

Some actions we can take right now include taking up any NHS screenings offered for cervical cancer, breast cancer, bowel cancer, and NHS health checks. Be aware of your family health history and request testing earlier if you are concerned about your risk factors. Make a note of your general health and see a GP if any persistent symptoms crop up. Advocate for yourself; if you feel dismissed or ignored - seek a second opinion. No one knows your body like you do - if something doesn't feel right, persist until you receive tests and a review with a specialist. Prevention is better than cure; however early detection is the next best thing.





When you are working in line with your life purpose, everything flows naturally. You feel fulfilled, happy and healed. Opportunities present at just the right time, even your finances may improve! It's often said that even before we are born, we agree a life path that contributes to our spiritual development. This might include karmic lessons, or tasks that enable our soul to grow and progress. If we make a choice to live our earthly life with love at the centre of all we do, we will reach our potential and thrive. That absolutely doesn't mean that things will be easy, or painless, in the life we live here and of course we *always* have free will to make our own decisions, but it does mean that we will find ourselves supported in our troubles by our spiritual family and of course our spirit guides, angels and helpers. If we make a drastically wrong decision, we can still get back on track, so long as we choose to accept responsibility and try again.

What Inspires & Interests You?

If you're not sure where to start, think about the things that inspire and interest you in daily life. What are you good at? What do your friends and family say they admire about you? Do you love music, writing, the sciences, teaching, building things, travel, communication, growing plants or cooking delicious food, or are you drawn to the idea of healing, crystals, discovering your psychic side? The list is endless, and it doesn't have to be something that you are already proficient in. Just a feeling that you feel somehow drawn to that area is quite enough to explore more for yourself.

Once you can feel what direction you want to move in, begin with tiny steps. Check in with your intuition, ask for confirmation from your guides, and if you're on the right track you will find doors opening for you as you move forward. Don't try to rush things! You will always be at exactly the right place in your journey, precisely where you are meant to be at any given time. Perhaps you may wish to do extra training, read books about your chosen subjects, talk to others who are also working in that sphere and get their perspective, and spend quiet time in meditation to give you peace and support as you move ahead. As each step moves you forward you will gain confidence in your decisions and see a little more clearly why this journey is important to you.



A Clear Picture of your Life Purpose

On the other hand, you may already have a clear picture of your life purpose but are still not sure where to begin. Immersing yourself fully in the feeling of being successful and engaged in your real destiny, waking up looking forward to the day ahead and loving what is happening around you, as if it is your reality **right now**, will bring you closer to your goals. What you resist, persists, so live every moment in the reality of what you want to achieve and don't allow the fear of failure or rejection to get in the way. Take those courses, network with others who can encourage you and enjoy the boost of energy as you find your way.

There's real joy when you find your purpose, and it's never too late to change or adjust your course if you need to. Neither is it selfish to focus on your own development! Often, circumstances mean that we put the pleasurable tasks to one side while we have to deal with other priorities. It might feel like you have missed your chance, but there's no mistake in life and no missed opportunity that can't be rectified and reclaimed when the time is right, and you will likely look back on what seemed to be a distraction from your ambitions, as a learning opportunity and a place where you actually did gain understanding and growth after all.

New People for the Journey

It sometimes happens that friends fall away from us as we move in our own direction, and it's important to realise that we don't always have the same people around us for life. Sometimes, we are only meant to walk some of the way together. New people will join your journey, as you will with them, and over time you will gain a greater perspective of events that take you to your next goal.

You might go through a phase where you just feel "stuck," and see no apparent development. That is completely normal too. During these times, progress is still very much happening *under the surface*, cementing everything you have achieved so far into a firm base from which to spring forward.



If you feel you're being asked to make sacrifices, ask yourself if you're being prompted to let something go that isn't actually needed on this part of your journey. Dropping whatever no longer serves your highest good may seem painful at first, but it will invariably be replaced by something new. Step out of that comfort zone and continually reassess your needs!

Journal your Progress

Keeping a diary or journal of thoughts, feelings, and experiences as you move forward can be really useful in charting your progress. Make it as simple or comprehensive as you like, but it's always interesting to look back and pinpoint key moments and what they related to, with hindsight. It keeps you on your toes at spotting signs of negativity or despondency too! Those things are definitely not part of the big picture you want to draw for yourself but are feelings to accept and move on from, with optimism and renewed faith in yourself.

Remember, your life's journey is just that, a JOURNEY, and not a race. There are no prizes for finishing first, but your rewards are in the knowledge that you're doing what you were always meant to do. And that's worth working for!

Vanessa, PIN: 3900

Vanessa



Astrology

With our expert:

Chrystalyte

Welcome to Free Spirit's in-depth horoscopes for February 2025



Aries

Jupiter's early February change of direction is good news, signalling smoother connections and communications - for the most part - with chunks of extra luck coming your way. Doors that were closed can reopen now. Forgotten opportunities, dreams and invitations can be picked up on again. This likely helps against the background of Aries' own planet, Mars, retrograde until the 24th. And once that planet goes forward at that point, the world is your oyster! Or you'll at least have a good deal more energy and focus to tackle anything important.



Taurus

Venus's move from Pisces into Aries takes you beyond dreaming about plans and connections and into making them real and solid. You may have a need to have more of your own way; time will tell how that works in reality. But it could be important to be clear about where your limits lie. You may be letting go, or giving up something in order to create space for another, more important element. Don't be tempted to throw the baby out with the bathwater though! The middle ground is supportive.



Gemini

Mercury in Aquarius keeps you focussed on long-standing commitments, or a deeply felt desire to make an impact that will have a far-reaching effect. But once the planet moves into Pisces mid-month the theme changes to quieter, less full-scale activities, and a need for greater freedom. Jupiter, Mars and Uranus all act as allies across the coming weeks, allowing you to reach for a higher purpose, enjoy a bit of luck and get going on new ventures. Don't be shy to try or at least suggest something a bit outlandish!



Libra

Venus spends most of this month in the fire sign of Aries, your solar opposite, which suggests that attention is on someone else. This may seem comfortable at some level, yet also distracts you from more personal projects, potentially. You may also welcome an opportunity to disconnect from someone or something from around the 7th, when Venus is usefully aligned with Pluto. It seems you can release yourself from a power struggle then or soon after. Beyond that, aim to allow your energy levels to dictate what's reasonable and possible.



Scorpio

February is a lot about bedding in changes that are becoming clearer, thanks to Pluto now sailing more smoothly through Aquarius. A particularly stimulating connection on the 7th hints that you're at a turning point where relationship issues are concerned. You can let go of anything redundant or destructive and create space for better options. Mars linked with Saturn and Mercury suggests you'll also be able to consolidate past efforts, and move an idea or project to the next level - with or without the help of other people, as fits.



Sagittarius

The benefits of Jupiter returning to forward motion this month are multiple, and Sagittarius will be one of the signs most in touch with them. Even if you still feel you are falling short of a particular goal, life will provide opportunities for you to get closer to it. Expansion of various networks, whether social, professional or to do with other, specific interests, could provide the main key to your future success. It might be unrealistic to expect things to be simple, but to anticipate some improvement is perfectly reasonable.



Cancer

You may well need to choose between an action that's designed to provide the best for everyone, and activities intended to benefit you alone. At least if you want to make peace with someone and/or feel more serene within yourself. You'll know what makes best sense! The New Moon occurring towards the end of the month means it might take a while before you can turn the page on something. But as it's in Pisces, it could feel like a proper escape, with an accompanying sense of relief and calm.



Leo

It may seem as though you really can't escape the spotlight in some area of your life, so be ready to stand up and be counted. Maybe not everyone will agree with you or offer desired applause. But at least you'll have been true to yourself. If you feel need to conduct an important conversation or write a vital communication - or simply are lost for words around a certain situation - more fluency, clarity and support could arrive when the Sun and Mercury team up on February 9th. Trust yourself!



Virgo

A friendly Mercury-Jupiter connection in the first week of February makes it a good time for seeking favours and generally reaching out for more of what you need or desire. Mercury's move of sign to Pisces creates a sea-change in mid-month, which may put someone else firmly in the spotlight, but frees you up to do more of your own thing. Mars and Uranus links to Mercury across the 23rd-27th emphasise boldness and the courage to be innovative. Take a deep breath and head in the direction of your heart!



Capricorn

Saturn moves apace in Pisces and links neatly with Mars in Cancer on the 9th. Both navigating zodiac signs of the water element, they seemingly swim together! But Mars is retrograde, which means there's a push and pull act going on. The main message is to appreciate that other people can only go at a certain speed, or may be temporarily stuck and need a gentle float along rather than being able to swim with the same vigour! A Saturn-Mercury connection on the 25th could help with clarifying long-term potentials.



Aquarius

Uranus at last resumes forward motion this month, making it easier to unstuck a very stuck situation. Or to at least start to see how to pull it apart and create some positive movement. Uranian changes can sometimes appear like a bolt from the blue, so don't be surprised if something suddenly gets sorted in one fell swoop! An edgy Mercury link on the 10th suggests an extra push, internal or external, leads to a creative solution or fresh opening - which may come more fully to light around the 27th.



Pisces

This is the last full month with Neptune in Pisces, which suggests you really are coming towards the end of a chapter. Maybe you already sense changes afoot, some of which will likely be quite welcome. If you feel nervous about alterations, try to keep in mind that a fresh start can go hand in hand with being able to part with some deadwood, and even some crud! Meanwhile, a beautiful connection with Venus as February opens offers a magical connection. An opportunity is opening to know someone more closely.



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